



Dorsal

with ID/Passport

I **declare, understand and I agree** with the following:

1. Considering that I have done my registration to the sporting event called 10K Cabra Trail, in whatever form, to be held on October 03, 2026 in Puntallana (La Palma - Canary Islands), I know and agree to fully comply with the rules that regulate thereof.
2. I'm physically prepared for competition; enjoy good general health, without suffering disease, physical defect or injury that may be aggravated by my participation in this test. I am also aware that this type of competition, to develop in the wild, in places difficult to access, there is an additional risk to the participants. Therefore, I attend own will and initiative fully assuming the risks and consequences of my participation.
3. I agree to comply with standards and security protocols established by the Organization for the race and to maintain responsible behavior does not increase the risks for my physical safety, or for the other participants and staff of the Organization. I will follow the instructions and abide by the decisions made by the organization in charge of security issues.
4. I authorize the Medical Services of the test, to practice me any cure or diagnostic test that might need or not being able to apply, to your requirements I undertake to leave the test if they think it necessary for my health.
5. I order the sports equipment and security required by the Organization and take up throughout the competition. Also admit that I am solely responsible for my possessions and athletic equipment during the test development and collateral activities.
6. I agree to follow the general guidelines of respect for the environment and the surroundings where the competition was held, not pouring or leave objects or solid waste or liquid out of the places authorized to collect them and to transit with caution open to traffic in environmentally sensitive areas and roads.
7. I participate voluntarily and at my own risk in the test. Accordingly, discharge from any responsibility to the Organization, employees, sponsors and any other participants, any material or physical damage, and therefore, I **waive** I lodge a complaint or lawsuit against them.
8. I take responsibility for any injuries and damages caused both to me and to others, for breach of indicated in this statement.
9. I authorize the Organization to test any photograph, film or recording obtained using, for journalistic purposes or promotion of the event.

Aware and in accordance

(Signature)

In Puntallana to October

, 2026